

January 1895

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OUT OF DOORS FOR WOMEN

Issued monthly. VOL. II. No. 14.

MRS. OLIVE L. ORCUTT, Publisher.

LOS ANGELES, CALIFORNIA,
ORCUTT, CALIFORNIA, and
SAN DIEGO, CALIFORNIA.

Price, 50.: Per year, 25c.



[Entered at the post-office at Orcutt, California, as second-class matter.]

OUT OF DOORS FOR WOMEN.

VOLUME II.

JANUARY, 1895.

NUMBER 14.

ENCOURAGING.

Said a florist: "We sell more plants and bulbs every year. Ten seasons ago I put down about three thousand bulbs and this last fall twenty thousand."

Walking through the streets one sees many nice plants in the windows. I counted within two blocks six Chinese Lilies in pretty glass dishes placed on small stands between the curtains, also many hyacinths, freesias, etc. In the poorer streets now and then one finds a house with a plant in the window, and however dingy the outside may be it gives a homey, refined air to the exterior. The small front lawns, too, have something in the way of gardening. Not far from here is a design that fills the whole space, not very large, in front of the house. A star bed is in the centre and at one side the crescent moon is represented. Both these beds are gay with zinnias, asters, balsams and marigolds in summer. It is not in good taste, but ever so much better than nothing, or than to have the place filled with tin cans and run over by dogs.

With so many delightful floral magazines placed within our reach there will be still further improvement in our front and back yards in the next few years.

SISTER GRACIOUS.

SWEET HERBS.

Who raises and sells the sweet herbs of commerce? The care of sage and other herbs much used in the culinary department—to sow the seed and pick the leaves, drying them in the shade that they be not steeped by the sun thus losing a better part of their strength—would not this be wholesome work out of doors for women?

There is much in a suggestion, and often from small beginnings a fortune grows, or what is better a competence for many. Health and pleasure go hand in hand and come without the calling when about daily duties if they are congenial.

CALIFORNIA.

Out to the west with solemn eyes she turns;
Sullen the red sun burns
His last dim taper in the day's gray urns.

A rolling waste of blue her gaze commands,
Where the Pacific bands
In sapphire tipped with pearl the silver sands.

Behind her all the east—a map unrolled—
Pauses a space to hold
Its eager hands toward her bright, uncoined gold.

And ever gazing to the west she stands,
Where the Pacific bands
In sapphire tipped with pearl the silver sands.

CLARE BEATRICE ST. GEORGE.

POP CORN FLOWERS.

We are often indebted to the children for appropriate names for our wild flowers. The beautiful Cream Cups (*Platystemon Californicum*) and the Chocolate Lily (*Fritillaria biflora*) are examples which come to my mind. The lovely, snow-white flowers of the Krenitzkias, a modest plant nearly related to the Heliotrope, is another instance which has recently come to my notice—and in this case the little nodding cluster of flowers receives from the children's lips the name of Pop Corn Flowers, a singularly beautiful and appropriate one.

BALLAST POINT.

Away on the ocean's brink,
 Where the sea-gull dips his wing,
 Where the awkward penguins drink,
 And the waves their dirges sing.

Where the mountain range in sight
 Its snow-crowned summit lifts;
 Where the dashing breakers white
 The wave inrolling drifts;

On a grassy slope we spread
 Our cloth for a noon repast--
 I cannot tell on what we fed
 The viands were so vast!

The eye was nourished from all sides--
 Above, and round about,
 The ear drank music from the tides
 We would not wish shut out.

Here you can ask of Nature, why
 The senses swallow up
 The influence of sea and sky
 And on ambrosia sup?

Ask the zoophyte why he makes
 Beneath the surf his bed?
 The breezes why their oarless strokes
 Disturb the ocean dread?

The throbbing sea in ebb and flow,
 Why waste its giant strength?
 Why not disport the waves below
 The eye's observant length?

The answer comes, in billowy thrusts
 From out the wild expanse
 In watery tones and weeping gusts
 Of loftiest romance--

Romance so real and so bright,
 So free from all pretense,
 The voices we interrogate
 Must be endowed with sense!

L. M. S.

THE REVOLVING LIGHT.

Our minister told us the other day of visiting a light house where he saw two lamps of exactly the same size and power, but one was so arranged that it would revolve, while the other stood still. "Is one lamp better than the other?" was asked of the keeper. "No" he replied "not better, but the movement of one will attract the attention of the sailor, which a still light does not."

And then the minister urged us to keep our light "trimmed and burning"—and in action. And here my mind wandered away to my "Out of Doors" friends and I wondered how many of them were "Revolving Lights."

Have you ever known, dear friends, one of those energetic and helpful little women to whom every one in the neighborhood turns for advice and assistance in an emergency?

She is usually a modest little woman who has a way of saying "I don't know how, but where there's a will there's a way" and forthwith indicates that the will is hers, and you soon see the way. Perhaps you call her "handy." So she is, and whether it is a piano tuner or a harness mender that is needed, she lends a hand.

Now I should call "our friend in need" a Revolving Light, and the power, the "stored energy," comes from a kind heart which says "Don't stand back and say you cannot tune pianos as well as a professional, or that the old harness should be mended with a new one, but do your best, 'Lend a helping hand.' "

That is the beauty of our revolving light. She is always in action and wherever she appears her brightness, her quickness of action, is hailed with delight by the care worn and over worked and as if by magic all obstacles to success are cleared away, and the sailor on life's seas feels as if it were clear sailing into port.

OUR TIMES.

A SAN DIEGO SKETCH.

One day, not so long since, the irresistible English desire "to go out and kill something" shook me from the indolent twaedle of a pink tea.

Perhaps it acted as a safety valve and prevented an explosion

of sarcasm and the loss of several dearest friends. At any rate the hunting blood—that unquenchable relic of our savage ages located somewhere in every heart—stirred so vigorously that the tea gown was exchanged for the jacket and leggins and shortly after, to quote from the popular ten-cent fiction, “a solitary pedestrian might have been seen walking with firm and determined steps in the direction of the rising sun,” only this pedestrian happened to be horse-back!

No, I was not out after bear or deer and should have fled incontinently from a tiger or even a mountain lion, but the sage and scrub-oak were alive with rabbits and not infrequently the whirr of wings announced the flight of quail.

Roadrunners slid, dived and darted across the way with a now-you-see-me and now-you-don’t-see-me celerity comparable only with chain lightning. Once a garter snake slipped rapidly away first lifting an uneasy head with vibrating tongue, more in fright than anger.

A soft gray ball with monstrous ears aslant bounds up the canyon and through a dry arroyo.

Talk of fancy jumping!

A healthy, moderately frightened jack-rabbit can give any other animal on the list seven to start on and then gaily propel himself into the middle of next week long before the other party has touched ground on the eighth leap.

I have never yet traced the relationship between the jack-rabbit and the sand-flea but am firmly convinced that they must be second cousins at least.

What a beautiful world it was, and almost lovely enough to tempt one to a saunter and dream—almost but not quite with a No. 12 handy and the temptations so numerous.

Such a short distance from the city, yet in an unbroken solitude, a wilderness rough and perfect as at the creation morn.

And now for a prowl afoot.

Hill, sage, canyons, adobe, rock, and sage.

A red sun above and—a rabbit vanishing in the distance! He stopped one moment too soon and I put him in my game bag and counted “One.”

A loud-voiced bird quite unnamed and unclaimed tetered on

a disused telegraph wire, and a roadrunner dared me to the fray.

Few people like to miss their object in this life, whether it chance to be a bird or a political nomination, and then to be insulted by a demonic shriek of laughter from some impudent bird overhead—well, when one has an empty gun one can only shake one's fist and threaten, until a better opportunity offers for getting even. Yonder goes another jack-rabbit and another miss. Two or three cotton-tails brought in, limp and helpless, then a flash of wings, a catch-as-catch-can shot, and a quail goes over to join the great majority.

Breathless scrambling through the undergrowth, unsuccessful shots at road-runners (did ever anybody shoot one fairly I stop to inquire, having wasted any amount of ammunition, energy and temper and written failure on every personal attempt) plunges down canyons, and a sneak through the sage here and there, plenty of real estate on one's countenance, and an occasional "swipe" in the face from some resisting branch, then here he comes—and there he goes—into the dim distance with the shot patterning around the spot where he used to be, and a disappointed markswoman dancing in rage.

Another quail. In faith I think that one died more from fright and the nervous shock to its system than from any other cause for it was purely a hit or miss venture. Well, we'll claim skill anyhow!

Then a struggle through the brush, tumbles on unstable rocks, and ultimate arrival on the spot where the patient little broncho waits, and back to the haunts of men, to pink teas and scandal drawing rooms and dinner while over head drifts one ghostly star and the earth is wrapped in the soft clear haze of that hour between the night and day.

Shocking? Well, that is as may be my lady friends. There really does not seem to be such a vast difference between shooting a bird and wearing it in one's hat when some other has shot it, or in doubling a rabbit down hill and in wearing those soft pretty seal skins which were once very much alive—until killed in rather a brutal manner to adorn your pretty selves.

Odd, is it not, what a difference it makes when our own hands are clean of the mere act of slaughtering these small dumb brothers of ours!

CLARE BEATRICE ST. GEORGE.



NEW PERPETUAL BLOOMING HIBISCUS "SUNSET."

Among the novelties that will be offered this year is this fine shrubby perennial species apparently new to cultivation.

The leaves are deeply cleft into long, narrow lobes which are coarsely toothed; the lobes or divisions are wide spreading. The foliage of the plant is thus quite peculiar and striking in appearance. The plant is an early and continuous bloomer and the bell-shaped flowers are of remarkably large size, being from

six to nine inches in diameter. The color is a deep, rich cream with a maroon centre of velvety appearance, each petal having a dark maroon blotch at the base, making a magnificent flower of great beauty.

The individual flowers are so large and handsome that it is a matter of surprise that the plant can produce from ten to fifteen of them at one time. Still more so that the season of blooming should be continuous, for the plants commence to bloom quite young and continue until checked by the frosts of autumn. The plants are easily raised from seeds, and in the east in order to have the benefit of the whole season these should be started in the greenhouse or frame or window so that the plants may be fairly well developed in time to set out early in the garden border or as soon as the warm, settled weather has fairly commenced. They will then go on to make large, bushy shrubs, numerously branched, and at all times having a considerable number of the great showy flowers together with buds in different stages of advancement.

The plant being perennial it can easily be wintered over in our milder climates, while in the east it can be taken up and cut back and wintered in the greenhouse or cellar, and planted out again in the following spring.

SOMETHING NEW.

Your Home or any other building or landscape engraved on Souvenir spoons at the D street Jewelry store. Bring photograph. 1419 D st. between 5th and 6th, San Diego, Cal.

NOTES.

The more zeal the more mischief if knowledge be lacking.

Some one says: I know of no medicine for a sick man so good as contact with a strong, well-fed horse.

A lady of my acquaintance who has both a horse and a piano and is skillful with both says: "If I could have but one I should choose the horse.

When we cease to care for the donor, gifts lose their value.
'Tis love that enriches every gift.

"Thinking," said Washington Irving, "is a malady of the mind, which is sure to bring discontent."

It is sometimes easier to forgive our enemies than to bear with our officious friends.

Sir Walter Scott died in 1832; Tom Hood died in 1845.

Emeralds have been discovered in the Etruscan tombs in settings over 2000 years old.

Jasper is found in red, brown, yellow, blue and black.

Men who act, not those who dream, are the most highly esteemed in this generation. But are not dreamers, with intuitive imaginations, like the invisible root that bears the lovely and conspicuous flower?

Woman's emancipation will never be complete until she dissociates herself from parasol and handbag!

THE NEW YEAR.

Now wishes glad and greetings kind
The New Year scatters wide,
Its brow is always crowned we find
With Hope to cheer and guide.

The gleaming light of every morn
Reports a fountain sweet
From which the golden wealth is born
With promises replete.

Not far away from any one
Hovers the warmth and light
Not only of the rising sun,
But of its Maker, bright,

Who gives us all the years we know
And crowns each day with grace
That makes our hearts with praise o'erflow
His wondrous love to trace.

OUT OF DOORS FOR WOMEN.

OUT OF DOORS FOR WOMEN—what a delightfully suggestive title! It reminds me of the time when I seemee drifting into a hopeless invalidism and was advised by my physician to stay out of doors as much as possible, to go out camping, to walk, to ride or do anything that would take me out inio the sunshine.

Whether I would have taken the advice or not I cannot say for suddenly all choice in the matter was taken from me. My husband went to the wilderness of eastern Washington and took up a 'claim' of government land. In a few weeks I followed him, and while we were building our cabin we lived out of doors because we could not live indoors.

While roughing it I grew stronger than I had ever hoped to be. I found the novelty of frontier life most delightful; everything was so new, trees, rocks, grass, flowers; the animals and birds—even hills were different from any I had known before.

When winter came, however, I found that the snow was ver-
ry much like the snow we had in the east. But you will understand that snow was a novelty after having spent several years in the summer land of California.

At first we did not succeed in getting water on our place and so for quite a long time had to carry water half a mile.

How much there was to be seen along the narrow path we soon made! A whole volume of 'Out of Doors' would not hold a description of all that interested me. Having always been fond of flowers, I now wished to know more about them than I could learn from observation alone. I took up the study of botany and found it a source of much pleasure.

How pleased I was when I found I could analyze flowers and determine their names with some degree of accuracy. A wild flower garden all around our house, mostly planted by "Mother Nature," was carefully watched and tended. Some of these plants are not known in cultivation, others may be found illustrated in many seed catalogues. Some other time I will tell you of my wild flower garden. SUSAN A. E. H. TUCKER.

Until women can build boats and bridges will they not look up with admiration to those who can? And is it in the least de-

sirable that the olive tree should leave its fatness wherewith God and man are honored, and go up and down for other trees? See Judges 9:9.

INDIAN BREAD OF ALASKA.

This bread (K'SHEEO) is made in the following manner. After the tree of *Tsuga Mertensiana* (Kyee-uk) is felled and the outer bark stripped off, the inner bark is peeled in long strips and brought to camp where the Klooches (women) pick it into small pieces and mix it with water to form a thick batter. It is then divided into cakes about 11 inches square and being covered with a layer of the leaves of *Lysichiton Kamtschatcensis* (woonoch), it is placed between 2 layers of hot stones and baked for about an hour. It is then put into a smokehouse and smoked for 4 or 5 days when it is ready for use.

PUBLICATIONS RECEIVED.

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THE PICTURE GALLERY, for young folks, published in Chicago monthly at 75¢ a year, gave the OUT OF DOORS' baby lots of pleasure.

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Botany of California, 2 vols. cash	12 90
California Trees and Flowers, 32-p.	10
Science and Horticulture: Nos. 1, 2, 3, 4, 5, 6, 7, 8, each	18
Cacti I illustrated.....	05
Smithsonian Institution, report 1893,	1 60
The Dream City, 64 views of the Columbian Exposition	50
The Naturalists' Companion, vol. I: nos. 2, 5, 6, 8-9, 12, vol. II; nos. 1, 3, 4, 5-6, each	06
Reports from U.S. Consuls, nos. 132, 133, 134,	12
Insect Life' vol. iv. nos. 1-6	08
Cacti at Home, 5 fig	07
Hoosier Naturalist, vol. I: nos. 3, 5, 6, 8, 9-10, 11, 12; vol. II. nos. 1 to 8, all	1 —
Bread from stones, from the German, 140 pp.....	25
Flora of St Croix and the Virgin Islands, by H.F. Eggers	75
Natural history of Kerguelen island.....	48
Guide to the Flora of Washington and vicinity.....	67
Bull. U.S. Nat'l Museum, nos. 7, 15, & 25—each	49
Science, IX: 205	20
Popular science Monthly, No. 145	50
The Cosmopolitan, VIII: 3	23
Calif. state board of horticulture, 1890. 522 pp	2 —
West American Scientist, nos. 3 to 69, each	25
" " " 70 to current issue.....	10
Out of Doors for Women, nos. 2 to 9, 11 to " " each	06
Drugs and Medicines of North America, II: 5	1 —
American Naturalist, nos. 284, 285, each	40
Vick's Magazine, IX: 8, & II; X: 6; XIV. 7 (colored plate of Lathyrus splendens) & 9, each	34
Semi-Tropical Planter, Vol. I, 88 pp. illustrated.....	1 —
" " II, 20 p.....	06
Univ. Wisconsin; agric. exp. station report, 1890.....	1 —
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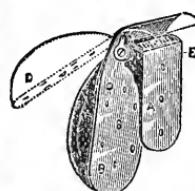
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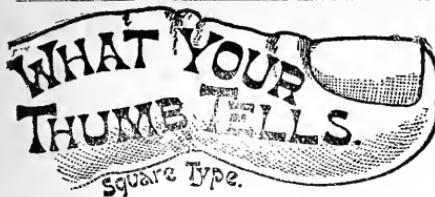
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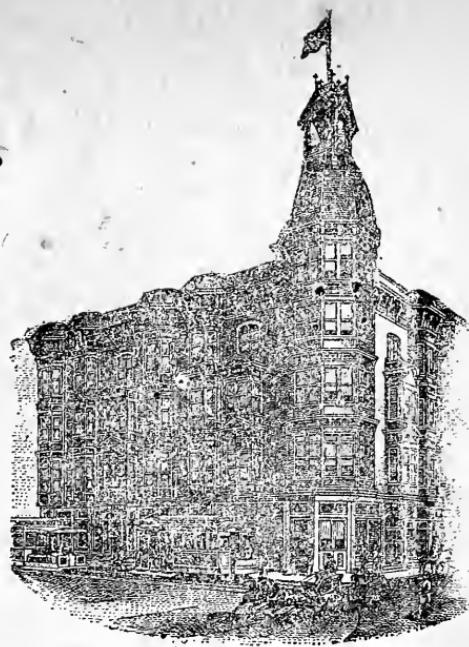
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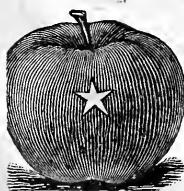
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